

Kill Cravings, Lower Blood Sugar
Lose 1 Pound A Day & Burn More Fat
With The LynFit Metabolic Reset

30 DAY TRANSFORMATION CHALLENGE



30 Days, 30 Healthy, Doable Ways!

The LynFit Nutrition® 30-Day Transformation Challenge is a FREE, easy-to-follow opportunity to address the underlying reasons you gained weight. It will naturally help you identify and overcome the root causes and symptoms like hunger and cravings, fatigue, high blood sugar, cholesterol, inflammation, and stress. Improved digestion and reduced bloat will occur NATURALLY using a “one-change-a-day” approach for 30 days to replace unhealthy habits and replace them with NEW healthier ones by joining this FREE LEANER HEALTHIER and HAPPIER LIFESTYLE transformation. You’ll be focused, inspired, and empowered to:

- Identify your metabolic reactive trigger foods.
- Develop and formulate a tailored eating plan to optimize your nutrition, maximize your metabolic rate, and improve every aspect of your health.
- Support ALL of your health goals, whether it be weight loss, fat-burning, rebalancing hormones (hunger, stress, and thyroid), improving energy and mental clarity, clearing and tightening skin, improving hair and nail growth, or accelerating hair regrowth.
- Optimize and improve digestion, gut health, and immunity balance. Improve nutrient assimilation and digestive functions so your body uses its reserves (burns fat for fuel) while preserving lean body mass, strengthening bones, and overall health and well-being.

Each day, give yourself a star rating: 5 stars are an A+, 4 stars are a B+, 3 stars are a C+, and 2 stars are a D-. The only way to fail is by not trying! You get a star every day you get out of bed!

Go GET EM! YOU GOT THIS 🙌👏👏

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The secret to improving your metabolism is to reach ketosis faster and trick your body into using stored body fat, specifically targeting belly fat that wreaks havoc on health, making it harder to lose weight and blocking fat-burning. The best way to do that is to reset your metabolism, increasing the rate at which your body burns calories. Each suggested tip is specifically designed to help reset your metabolism. Choose one each day and stack them together until they become your new healthier habits. If you already do some of these, spot-check yourself and see where to improve. Small changes = BIG RESULTS!

Here are 30 of the BEST ways to RESET YOUR METABOLISM.

1. Fast for 14 hours every night. (no more, no less). Coffee must be consumed black to avoid interrupting your fast.
2. Break your fast and boost metabolism 25% with a LynFit Natural Whey Protein Shake. (Add it to coffee instead of dairy, processed nut, or oat nut milk). *To lose 1 pound a day, replace two meals with LynFit Natural Whey Shake.
3. NOURISH TO FLOURISH by taking LynFit Keto Carb Edge and Cutting Edge as soon as you wake up every day and again 4 hours later.
4. DO NOT EAT IN BETWEEN MEALS. HYDRATE INSTEAD!
5. Sleep metabolically for 7-8 hours.
6. Sleep leaner and lighter by swapping over-the-counter and prescribed sleep aids with LynFit Lean Sleep.
7. Weigh your food and yourself every day.
8. TODAY and every day, DECIDE TO BECOME STRONGER THAN YOUR EXCUSES.
9. Walk 10,000 steps every day.
10. Stress and worry less. Pray more and use natural methods like LynFit Stress Relief Gummies.
11. KILL CRAVINGS and END hunger by applying intermittent fasting between meals.
12. EAT MORE LEAFY GREENS TO BE LEANER.
13. Restore gut health by walking after your metabolic evening meal to improve digestion and nutrient absorption.
14. Take (2) LynFit Cleanse & Restore at dinner to detoxify your liver and colon and replenish every cell in your body.
15. Swap out chicken with turkey. Turkey is leaner than chicken.
16. Drink one gallon of spring water daily (not bottled water or sports drinks).
17. STOP USING PROCESSED milk/coffee creamers.
18. SNACK SLIMMER by swapping your snack for a green apple instead.
19. Do as many push-ups as you can as soon as you wake up and again before bed (you can do counter-push-ups to build strength).
20. HYDRATE BETTER TO PREVENT HUNGER and CRAVINGS. LynFit Essential Amino Acids contains electrolytes that hydrate better and provide specific amino acids that prevent hunger and cravings.
21. Swap out poultry with white fish instead.
22. Make your metabolic meal meatless. Swap out animal protein for plant-based.
23. List what you're grateful for about yourself/your body.
24. Perform simple stretches during your busy day.
25. Plan your UPZIG meal ahead so you have something to look forward to, making it easier to stay on track.
26. STOP "WINING" by swapping wine for a Metabolic Boosting Essential Amino Acid over ice instead.
27. BOOST ENERGY and BURN MORE FAT by taking (1-2) LynFit Cutting Edge before workouts or first thing in the morning.
28. SNACK CLEANER by swapping your processed, sugar, carb, and fat-filled protein bar with a plant-based LynFit Lean Bar.
29. Swap fruit for low-glycemic green vegetables instead.
30. Do 50 squats before lunch.